

RED FLAG SYMPTOMS OF INFECTION



HOT to the touch - **RED**



Increasing **PAIN** to wound or leg



Foul **ODOUR** and increased **LEAKAGE**

If you experience any of these **RED FLAG** symptoms it is very important you contact your **GP** or **nurse** as soon as possible, as your GP may decide to prescribe a course of **oral antibiotics**. Delay in informing your GP or nurse of these **RED FLAG SIGNS OF INFECTION** could result in you becoming very unwell, very quickly and your mild infection could then cause you to develop **SEPSIS**.



SEPSIS

A life threatening condition where your own bodily defences overreact to infection. You cannot catch sepsis from another person.

Sepsis is sometimes called septicaemia or blood poisoning. Sepsis may cause you to experience some OR all of the following¹:

RED FLAG SYMPTOMS OF SEPSIS¹

S

Shivering, fever or very cold

E

Extreme pain or discomfort 'worse ever'

P

Pale or discoloured skin (blue/black)

S

Sleepy, difficult to wake or confused

I

'I feel like I may die' (sense of doom)

S

Short of breath, breathlessness or breathing very fast

If you experience any of the above **RED FLAG** symptoms of **SEPSIS**, it is a medical **EMERGENCY** and you must contact **999** immediately informing them you have the signs and symptoms of **SEPSIS**.



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Useful links

1. <https://www.nhs.uk/conditions/sepsis>
2. <https://lohmann-rauscher.co.uk/compression-therapy/readywrap>
3. <https://www.nhs.uk/conditions/leg-ulcer>



To purchase additional ReadyWrap[®] Liners

scan the QR code or visit

<https://shop.lrsselfcare.co.uk/products/readywrap-liners.html>

For more support visit squeezein.life

Register today for access to the free Healthy Living Booklet.

For further information on leg health please visit

www.lrsselfcare.co.uk

Call our Customer Service Team: **01283 576800** or email CustomerServices@uk.LRMed.com

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A simple instruction guide on **leg care** and how to apply **ReadyWrap[®]**



A leg ulcer is a long-lasting **(chronic) sore** that takes more than **2 weeks to heal**³. **Good hygiene** is an important part of leg ulcer management – **SO REMEMBER**

W

Wash your legs with warm water in a clean (plastic lined) bowl kept for this purpose or in the shower. This helps to prevent infection and **remove** any **build up** of **cream** or **dry skin** (which can be a major factor in the cause of infection in leg ulcers). **Thoroughly dry the limb**, particularly between the toes.

R

Remove (gently) any stubborn dry skin flakes with a moistened **Debrisoft® Duo pad** or gauze. **Debrisoft® Duo** can be used on your leg ulcer to reduce the risk of infection and to aid the healing process (for more information, contact your nurse or GP).

A

Apply any **emollients** or **creams** prescribed for you in line with your hair growth to reduce irritation. Only apply creams and emollients **as prescribed** and for the length of **time advised**, as **some** creams such as steroids and antibiotic based treatments are only for **short term use** (check with your nurse or GP if you are unsure about this).

P

Prepare your legs for the **ReadyWrap®** by **applying** any **dressings** or absorbent **pads** prescribed by your nurse or GP.



Before applying your **ReadyWrap®**, apply the black liner that came in the pack **OR** if you prefer use a piece of Comfast stockinette.



If applying the toe piece this should be applied first before applying the sock/stockinette.



▲ ReadyWrap® Foot CT

Apply as shown in the above picture, ensuring the **VELCRO®** is pulled across your foot and attached securely to prevent it slipping or moving when you are walking.

REMEMBER – ReadyWrap® toe and foot pieces are available in **LEFT** and **RIGHT** versions. Use the white label on the back to check you have the correct piece. When applied correctly, this white tag will always be on the outermost layer.



◀ ReadyWrap® Calf

Now your foot CT piece is secure, you can apply your calf piece. Start by securing the bottom of your calf piece (the narrowest end) 2 to 3cm above your ankle bone by taking the white **VELCRO®** brand fastener around the leg and matching up to the other strap.



Now continue to secure the straps up your leg using the horizontal to vertical **VELCRO®** system (**see top tips below**), until you come to the last one, which should sit just under the fold of your knee (see picture left).

If you require a knee and thigh piece, these are applied in the same way. Always apply the knee piece last with the knee in a slightly bent position.

Apply first thing in the morning if not worn at night and readjust throughout the day to ensure the best fit.

TOP TIPS

- Begin by fastening the white vertical **VELCRO®** strap at full stretch around your ankle.
- Work your way up the leg, alternating between horizontal and vertical **VELCRO®** fasteners.
- Alternatively, follow the colour-coded order: white, light blue, dark blue, and repeat.
- Ensure ReadyWrap® sits smoothly and securely around your calf.
- Once fitted, you can wear your own footwear as normal.



HORIZONTAL

VERTICAL